

Paris Brest

A Classic French Pastry made from Choux dough.

Choux:

55g	Butter
1tsp	Sugar
¼ tsp	Salt
90	Authentic Foods Steve's GF Cake Flour
1/2 tsp	Baking Powder
2 tsp	Milk Powder (optional for add golden color)
3	Eggs

Pastry cream:

1each	Whole egg
1 each	Yolk
100g	sugar
3 tbsp	Cornstarch
1 tbsp	Vanilla extract
360ml	Milk
¼ tsp	Salt
126g	Butter

Praline

Nuts (hazelnut)	200g
water	100g
Salt	2 tps

Mousseline cream

Soft butter	150g
Praline	115g
Pastry cream	200g



Method

1. Preheat your oven to 400°F (205°C) and line a baking sheet with parchment paper. Draw one 8-inch circle for a large Paris-Brest or several 4-inch circles for individual portions. Flip the parchment over before piping.
2. Make the pastry cream: In a saucepan, combine the milk and vanilla extract and bring to a gentle simmer over medium heat. In a separate bowl, whisk together the whole egg, yolk, sugar, and cornstarch until smooth and pale.

3. Slowly pour the warm milk into the egg mixture while whisking constantly to temper the eggs. Return everything to the saucepan and cook over medium-low heat, stirring continuously, until the mixture thickens into a smooth custard.
4. Remove from the heat and whisk in the butter and salt until fully incorporated and glossy. Transfer to a bowl and press plastic wrap directly onto the surface to prevent a skin from forming. Refrigerate until completely chilled.
5. Make the praline: Toast the hazelnuts at 350°F (175°C) for 8–10 minutes until fragrant. In a saucepan, combine the water and salt and cook until lightly golden and syrupy. Add the hazelnuts and continue cooking, stirring constantly, until the sugar crystallizes and then melts into a deep amber caramel coating the nuts evenly.
6. Spread the caramelized hazelnuts onto parchment paper and allow to cool completely. Once hardened, break into pieces and blend in a food processor until a smooth praline paste forms. Set aside.
7. Make the choux pastry: In a saucepan, combine the butter, sugar, salt, and 120 ml (½ cup) water. Bring to a boil over medium heat.
8. Remove from the heat and immediately add the Steve’s GF Cake Flour, baking powder, and milk powder all at once. Stir vigorously until a smooth dough forms.
9. Transfer the dough to a mixing bowl and allow it to cool for 3–5 minutes. Add the eggs one at a time, mixing well after each addition, until the dough becomes smooth, shiny, and pipeable. The dough should be thick enough to hold its shape while piping.
10. Transfer the choux pastry to a piping bag fitted with a large star tip. Pipe one ring following the circle guide, then pipe a second ring directly beside it and a third ring on top between the two bottom rings. For smaller Paris-Brest pastries, pipe the rings slightly thinner to allow room for expansion.
11. Top with chopped hazelnuts or pearl sugar if desired. If using nuts, soak them briefly in water and pat dry before topping to help prevent burning during baking.
12. Bake at 400°F (205°C) for 10 minutes, then reduce the oven temperature to 350°F (175°C). Continue baking for 15–20 minutes for small Paris-Brest pastries or 25–30 minutes for one large Paris-Brest, until deep golden brown and crisp. Do not open the oven door while baking.
13. Remove from the oven and allow the Paris-Brest shells to cool completely before filling.
14. Make the mousseline cream: Beat the softened butter until light and fluffy. Gradually add the chilled pastry cream and whip until smooth and silky. Add the praline paste and continue mixing until fully combined.
15. Slice the cooled Paris-Brest horizontally using a serrated knife. Pipe the praline mousseline cream generously around the bottom half of each pastry.
16. Replace the top layer and dust lightly with powdered sugar if desired. Chill slightly before serving for the best texture.

